

# Hypoglycemia low blood sugar in adults

## What are the signs?

Each person will have their own way of recognizing low blood sugar.

Some of the signs include:



Severity

Sweating	Trembling	Palpitations	Anxiety
Hunger	Nausea	Headache	Tingling
Disturbed sleep	Weird dreams	Weakness/dizziness	Difficulty concentrating
Vision changes	Drowsiness	Difficulty speaking	Unconsciousness

## Why does low blood sugar happen?

### Have you:

- Eaten less than planned?
- Eaten later than normal?
- Taken more medication than planned?
- Been more active than planned?
- Drunk any alcohol within the past 24 hours?

**Fear of "lows" is common and normal. If you are having lows, speak with your diabetes team:**

- Doctor • Nurse practitioner • Pharmacist
- Nurse • Dietitian

## How to take action

### EAT fast-acting sugar



15 g of glucose in the form of glucose tablets



1 tablespoon (15 mL) of honey



1 tablespoon (15 mL) sugar in water



2/3 cup (150 mL) of juice or regular soft drink



15 g fast-acting sugar (e.g. 6 Life Savers® or 2 rolls Rocket Candy)



**WAIT 15 minutes** and **CHECK**



If blood sugar is **ABOVE** 4.0mmol/L **AND** next meal is **in the hour**



If blood sugar is **ABOVE** 4.0mmol/L **AND** next meal is **LONGER than 1 hour away**

If blood sugar is **BELOW** 4.0mmol/L **REPEAT steps above**

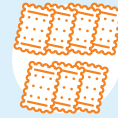


### Eat ONE of:

**Starch:** ex. 7 crackers OR 1 slice of bread

**AND**

**Protein:** ex. 1 piece of cheese OR 2 tablespoons of peanut butter



### Are you Driving?

**After** treating a low, **Wait** until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again.

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